

# CO2 LASER

## POST CARE INSTRUCTIONS

### DAY OF PROCEDURE

The post-procedure skincare kit you were sent home with contains:

1. SkinCeuticals Biocellulose Restorative Masque (single use)
2. SkinCeuticals Gentle Cleanser
3. Alastin Skin Nectar
4. Alastin Silk Shield All Mineral Sunscreen SPF 50
5. SkinCeuticals Hydra Balm

Once you get home, place the SkinCeuticals Biocellulose Masque in the refrigerator (do not freeze). Keep your skin well lubricated by applying Alastin Skin Nectar every two hours or more frequently if needed.

In the evening, apply your single use Biocellulose Masque to cool and soothe your skin. Leave it on about 20- 30 minutes. Remove the masque and discard. Follow the masque with more Alastin Skin Nectar.

### DAY AFTER PROCEDURE

It is not necessary to wash your face today. Apply Alastin Skin Nectar at least twice and apply SkinCeuticals Hydra Balm on top of the Skin Nectar. Apply the Hydra Balm enough that the skin never dries out.

### DAYS 2-5 | 48 HOURS AFTER PROCEDURE

On Day 3, you will begin a vinegar water soak (instructions on the following page). Morning and evening, perform the vinegar water soak, gentle cleansing, Nectar and Hydra Balm. If you leave the house, apply a generous amount of Silk Shield SPF 50 and wear a hat to protect your skin from the sun.

During the day, re-apply Nectar and Hydra Balm every 2-4 hours, or more often as needed. The goal is to keep your skin greasy, as this will lessen the chance of itching while healing. In the evening, perform the vinegar water soak, gentle cleansing, Nectar and Hydra Balm.

*Post care instructions continued on back of this page.*

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### DAY 6-7

If you are no longer sloughing or itching, you may replace the Hydra Balm with a good moisturizer. We recommend the SkinCeuticals Triple Lipid Restore 2:4:2 or SkinCeuticals Emollience moisturizer, both available at Dermatology & Laser of Alabama, for best results. Continue wearing your Alastin Nectar and Silk Shield SPF 50.

We do not recommend starting your regular skincare routine until the sloughing is finished and redness is gone.

### VINEGAR WATER SOAK

Vinegar Water Soaks are used to cleanse, soothe and disinfect the treated area.

1. In a bowl, combine 3 cups of water and 2 tablespoons of white vinegar
2. Dip a clean dry cloth or gauze into the solution and gently apply to the skin
3. Repeat this process until the skin is thoroughly saturated

### CONTACT US

Should you have any questions or concerns following your treatment, please reach out to our on-call phone at (205) 440-6250.

You may also use Klara, our HIPPA protected text interface, to contact our team during office hours. Klara is available on our website at [birminghamskin.com](https://www.birminghamskin.com)